

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Dogwood &amp; Trillium</b>	9:30 Morning Swim <b>1</b> 10:00 Triv-folly 10:30 Fools Sense Wagon 11:30 Cultural Jam <b>2:30 Easter Fools Tea with Jonathan Wiltse</b> 3:30 Walking Program <small>All Fools' Day</small>	9:30 Morning Stretch <b>2</b> <b>10:30 Music with Jeff</b> <b>11:15 Hymn Sing</b> 2:30 Arts & Crafts 2:30 Java Music 3:30 Room Visits	9:30 Morning Exercise <b>3</b> 10:00 Sikh Prayer 10:30 Bingo 2:30 Bowling 3:30 Walking Program	9:30 Morning Stretch <b>4</b> 10:30 Word Games 11:00 Ball Toss <b>2:30 Resident &amp; Family Council</b> 3:30 Walking Program	9:30 Morning Exercise <b>5</b> 10:30 Trivia 11:00 Walking Program 11:00 Cultural Program 2:30 Friday Social Hour 3:30 Room Visits	9:30 Morning Stretch <b>6</b> <b>10:00 Tzu Chi Group</b> 10:30 Room Visits 2:30 Bingo 3:30 Book Club 3:30 Walking Program
	9:30 Morning Stretch <b>7</b> 10:30 Word Games 10:45 Walking Program 2:30 Hymn Sing 3:00 Horse Racing 3:30 Room Visits	9:30 Morning Exercise <b>8</b> 10:00 Trivia 10:30 Sensory Cart 11:30 Cultural Program 2:30 Travel-Tales to Pakistan 3:30 Walking Program	9:30 Morning Stretch <b>9</b> <b>10:30 Music with Jeff</b> <b>11:15 Hymn Sing</b> <b>2:30 Eid Celebration</b> 3:30 Magazine Scavenger Hunt 3:30 Room Visits <small>Eid</small>	9:30 Morning Exercise <b>10</b> 10:00 Sikh Prayer 10:30 Bingo 2:30 Active Games 3:30 Gratitude Circle	9:30 Morning Stretch <b>11</b> <b>10:15 Baking: Energy Bars</b> 11:00 Ball Toss 2:30 Ladies Tea 3:30 Walking Program	9:30 Morning Exercise <b>12</b> 10:30 Trivia 11:00 Walking Program 11:00 Cultural Program 2:30 Friday Social Hour 3:30 Room Visits
	9:30 Morning Stretch <b>14</b> 10:30 Word Games 10:45 Walking Program <b>12:00 South Asian Luncheon (By Invite)</b> <b>2:00 Church Service</b> 3:00 Active Game 3:30 Room Visits	9:30 Morning Exercise <b>15</b> 10:00 Trivia 10:30 Sensory Cart 11:30 Cultural Program 2:30 Travel-Tales to India 3:30 Walking Program	9:30 Morning Stretch <b>16</b> <b>10:30 Music with Jeff</b> <b>11:15 Hymn Sing</b> 2:30 Arts & Crafts 2:30 Java Music 3:30 Room Visits	9:30 Morning Exercise <b>17</b> 10:00 Sikh Prayer 10:30 Bingo 2:30 Bowling 3:30 Walking Program	9:30 Morning Stretch <b>18</b> 10:30 Word Games 11:00 Ball Toss <b>2:30 Birthday Party with John Parsons</b> 3:45 Walking Program	9:30 Morning Exercise <b>19</b> 10:30 Trivia 11:00 Walking Program 11:00 Cultural Program 2:30 Friday Social Hour 3:30 Room Visits
	9:30 Morning Stretch <b>21</b> 10:30 Word Games 10:45 Walking Program 2:30 Hymn Sing 3:00 Horse Racing 3:30 Room Visits	<b>9:50 Bhangra Dance Performance</b> <b>22</b> 10:30 Sensory Cart 11:30 Cultural Program 10:30 Travel Tales to Cappadocia 3:30 Walking Program	9:30 Morning Stretch <b>23</b> <b>10:30 Music with Jeff</b> <b>11:15 Hymn Sing</b> 2:30 Magazine Scavenger Hunt 2:30 Gratitude Circle 3:30 Room Visits	9:30 Morning Exercise <b>24</b> 10:00 Sikh Prayer 10:30 Bingo 2:30 Active Games 3:30 Walking Program	9:30 Morning Stretch <b>25</b> <b>10:15 Baking: Rice Krispie Air Fryer Treats</b> 11:00 Ball Toss 2:30 Men's Club 3:30 Walking Program	9:30 Morning Exercise <b>26</b> 10:30 About Day Trivia 11:00 Walking Program 11:00 Cultural Program 2:30 Friday Social Hour 3:30 Room Visits <small>Arbor Day</small>
	9:30 Morning Stretch <b>28</b> 10:30 Word Games 10:45 Walking Program <b>2:00 Church Service</b> 3:00 Active Game 3:30 Room Visits	9:15 Exercise <b>29</b> <b>9:45 Outing to Seaquam Secondary (By Invite)</b> 10:30 Sensory Cart 11:30 Cultural Program 10:30 Travel Tales to Tahiti 3:30 Walking Program	9:30 Morning Stretch <b>30</b> <b>10:30 Music with Jeff</b> <b>11:15 Hymn Sing</b> 2:30 Arts & Crafts 2:30 Java Music 3:30 Room Visits	<h1>April 2024</h1> <h2>Northcrest Seniors Community</h2>		

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
<b>Primrose</b>	9:30 Morning Swim 10:00 Prank Polish 10:30 Fools Journey to Easter Island 11:30 Walking Sideways 2:30 Easter Fools Tea w/ Jonathan W. (2 <sup>nd</sup> Floor) 3:30 Room Visits <small>All Fools Day</small>	9:30 Morning Stretch 10:30 Music with Jeff (2 <sup>nd</sup> Floor) 11:15 Hymn Sing (2 <sup>nd</sup> Floor) 2:30 Active Games 3:30 Walking Program	9:30 Morning Exercise 10:30 Sikh Prayer 11:00 Walking Program 2:30 Bingo 3:30 Room Visits	9:30 Morning Exercise 10:30 Arts & Crafts 2:30 Resident & Family Council (2 <sup>nd</sup> Floor) 3:30 Walking Program	9:30 Morning Exercise 10:30 Trivia 11:00 Walking Program 2:30 Friday Social Hour 3:30 Room Visits	9:30 Morning Stretch 10:00 Tzu Chi Group (2 <sup>nd</sup> Floor) 10:15 Baking: Rice Krispie Air Fryer Treats 2:30 Social Hour 3:00 Calls with Family	
	9:30 Morning Stretch 10:30 Word Games 10:45 Walking Program 2:30 Hymn Sing 3:00 Active Game	9:30 Morning Exercise 10:00 Nail Spa 10:30 Travel Tales to Pakistan 11:30 Walking Program 2:30 Table Games 3:30 Room Visits	9:30 Morning Stretch 10:30 Music with Jeff (2 <sup>nd</sup> Floor) 11:15 Hymn Sing (2 <sup>nd</sup> Floor) 2:30 Active Games 3:30 Walking Program	9:30 Morning Exercise 10:30 Sikh Prayer 11:00 Walking Program 2:30 Bingo 3:30 Eid Celebration	9:30 Morning Exercise 10:30 Gratitude Circle 2:30 Active Game 3:30 Walking Program	9:30 Morning Exercise 10:30 Trivia 11:00 Walking Program 2:30 Friday Social Hour 3:30 Room Visits	9:30 Morning Stretch 10:00 Tzu Chi Group (2 <sup>nd</sup> Floor) 10:30 Table Games 2:30 Book Club 3:00 Calls with Family <small>Vaisakhi</small>
	9:30 Morning Stretch 10:30 Arts & Crafts 10:45 Walking Program 12:00 South Asian Luncheon (By Invite) 2:00 Church Service (2 <sup>nd</sup> Floor) 3:00 Active Game	9:30 Morning Exercise 10:00 Nail Spa 10:30 Travel Tales to India 11:30 Walking Program 2:30 Java Music 3:30 Room Visits	9:30 Morning Stretch 10:30 Music with Jeff (2 <sup>nd</sup> Floor) 11:15 Hymn Sing (2 <sup>nd</sup> Floor) 2:30 Active Games 3:30 Walking Program	9:30 Morning Exercise 10:30 Sikh Prayer 11:00 Walking Program 2:30 Bingo 3:30 Room Visits	9:30 Morning Exercise 10:30 Arts & Crafts 2:30 Birthday Party with John Parsons (2 <sup>nd</sup> Floor) 3:45 Walking Program	9:30 Morning Exercise 10:30 Trivia 11:00 Walking Program 2:30 Friday Social Hour 3:30 Room Visits	9:30 Morning Stretch 10:00 Tzu Chi Group (2 <sup>nd</sup> Floor) 10:30 Baking: Slow Cooker Apple Crisp 2:30 Vaisakhi Celebration 3:00 Calls with Family
	9:30 Morning Stretch 10:30 Word Games 10:45 Walking Program 2:30 Hymn Sing 3:00 Active Game	9:50 Bhangra Dance Performance (2 <sup>nd</sup> Floor) 10:30 Travel Tales to Cappadocia 11:30 Walking Program 2:30 Table Games 3:30 Room Visits	9:30 Morning Stretch 10:30 Music with Jeff (2 <sup>nd</sup> Floor) 11:15 Hymn Sing (2 <sup>nd</sup> Floor) 2:30 Active Games 3:30 Walking Program	9:30 Morning Exercise 10:30 Sikh Prayer 11:00 Walking Program 2:30 Bingo 3:30 Room Visits	9:30 Morning Exercise 10:30 Gratitude Circle 2:30 Active Game 3:30 Walking Program	9:30 Morning Exercise 10:30 Harbour Day Trivia 11:00 Walking Program 2:30 Friday Social Hour 3:30 Room Visits <small>Arbor Day</small>	9:30 Morning Stretch 10:00 Tzu Chi Group (2 <sup>nd</sup> Floor) 10:30 Table Games 2:30 Book Club 3:00 Calls with Family
	9:30 Morning Stretch 10:30 Arts & Crafts 10:45 Walking Program 2:00 Church Service (2 <sup>nd</sup> Floor) 3:00 Active Game	9:15 Morning Exercise 9:45 Outing to Seaquam Secondary (By Invite) 10:30 Travel Tales to Tahiti 11:30 Walking Program 2:30 Java Music 3:30 Room Visits	9:30 Morning Stretch 10:30 Music with Jeff (2 <sup>nd</sup> Floor) 11:15 Hymn Sing (2 <sup>nd</sup> Floor) 2:30 Active Games 3:30 Walking Program	<h1>April 2024</h1> <h2>Northcrest Seniors Community</h2>			

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Camellia</b>	9:30 Morning Swim 10:00 Trick Toss 10:30 Mischief Crafting 2:00 Helping Hands <b>2:30 Easter Fools Tea w/ Jonathan W. (2<sup>nd</sup> Floor)</b> 3:00 Karaoke Sing-a-long <small>All Fools' Day</small>	9:30 Music with Jeff 10:00 Morning Stretch <b>10:30 Hymn Sing</b> 2:00 Helping Hands 3:00 Walking Program	9:30 Morning Stretch 10:00 Calls with Family 10:30 Walking Program 2:00 Sikh Prayer 3:00 Hand Spa 4:00 Calls with Family	9:30 Morning Stretch 10:00 Ball Toss 2:00 Helping Hands <b>2:30 Resident &amp; Family Council (2<sup>nd</sup> Floor)</b> 3:00 Therapy Pet	9:30 Active Game <b>10:00 Baking: Dark Chocolate Mousse</b> 2:00 Friday Social Hour 3:00 Walking Program	9:30 Morning Stretch 10:00 Walking Program <b>10:00 Tzu Chi Group (2<sup>nd</sup> Floor)</b> 2:00 Snoezelen Therapy 3:00 Doll Therapy
	9:30 Morning Stretch 10:00 Hymn Sing 10:30 Walking Program 2:00 Table Games 3:00 Ball Toss	9:30 Morning Stretch 10:00 Ball Toss 10:30 Table Crafts 2:00 Helping Hands 2:30 Ring Toss 3:00 Karaoke Sing-a-long	9:30 Music with Jeff 10:00 Morning Stretch <b>10:30 Hymn Sing</b> 2:00 Helping Hands 3:00 Walking Program <small>Eid</small>	9:30 Morning Stretch 10:00 Calls with Family 10:30 Walking Program 2:00 Sikh Prayer 3:00 Hand Spa <b>3:30 Eid Celebration</b> 4:00 Calls with Family	9:30 Morning Stretch 10:00 Ball Toss 2:00 Helping Hands 3:00 Therapy Pet	9:30 Active Game 10:00 Table Crafts 2:00 Friday Social Hour 3:00 Walking Program <small>Vaisakhi</small>
	9:30 Morning Stretch 10:00 Hymn Sing 10:30 Walking Program <b>12:00 South Asian Luncheon (By Invite)</b> 2:00 Table Games 3:00 Ball Toss	9:30 Morning Stretch 10:00 Ball Toss 10:30 Table Crafts 2:00 Helping Hands 2:30 Ring Toss 3:00 Karaoke Sing-a-long	9:30 Music with Jeff 10:00 Morning Stretch <b>10:30 Hymn Sing</b> 2:00 Helping Hands 3:00 Walking Program	9:30 Morning Stretch 10:00 Calls with Family 10:30 Walking Program 2:00 Sikh Prayer 3:00 Hand Spa 4:00 Calls with Family	9:30 Morning Stretch 10:00 Ball Toss 2:00 Helping Hands <b>2:30 Birthday Party with John Parsons (2<sup>nd</sup> Floor)</b> 3:00 Therapy Pet	9:30 Active Game <b>10:15 Baking: Rice Krispie Air Fryer Treats</b> 2:00 Friday Social Hour 3:00 Walking Program
	9:30 Morning Stretch 10:00 Hymn Sing 10:30 Walking Program 2:00 Table Games 3:00 Ball Toss	<b>9:30 Bhangra Dance Performance</b> 10:00 Ball Toss 10:30 Table Crafts 2:00 Helping Hands 2:30 Ring Toss 3:00 Karaoke Sing-a-long	9:30 Music with Jeff 10:00 Morning Stretch <b>10:30 Hymn Sing</b> 2:00 Helping Hands 3:00 Walking Program	9:30 Morning Stretch 10:00 Calls with Family 10:30 Walking Program 2:00 Sikh Prayer 3:00 Hand Spa 4:00 Calls with Family	9:30 Morning Stretch 10:00 Ball Toss 2:00 Helping Hands 3:00 Therapy Pet	9:30 Active Game 10:00 Arbour Day Table Crafts 2:00 Friday Social Hour 3:00 Walking Program <small>Arbor Day</small>
	9:30 Morning Stretch 10:00 Hymn Sing 10:30 Walking Program 2:00 Table Games 3:00 Ball Toss	9:15 Morning Stretch <b>9:45 Outing to Seaquam Secondary (By Invite)</b> 10:00 Ball Toss 10:30 Table Crafts 2:00 Helping Hands 2:30 Ring Toss 3:00 Karaoke Sing-a-long	9:30 Music with Jeff 10:00 Morning Stretch <b>10:30 Hymn Sing</b> 2:00 Helping Hands 3:00 Walking Program	<h1>April 2024</h1> <h2>Northcrest Seniors Community</h2>		